

BREAKFAST	KCAL	PROTEIN	CARBS	SUGAR	FIBER	SODIUM	FAT	SAT FAT	CHOLESTEROL
STRING CHEESE	60	8 g	1 g	0 g	0 g	210 mg	2.5 g	2 g	10 mg
YOGURT	120	4 g	23 g	19 g	X	55 mg	1.5 g	1 g	5 mg
CIN. BAGEL	195	7 g	39 g	X	1.6 g	229 mg	1.2 g	.2 g	0 mg
BAGELER	190	6 g	35 g	8 g	3 g	220 mg	2.5 g	2.5 g	10 mg
FRENCH TOAST STICKS TOAST STICK	190	10g	28g	X	3g	330mg	4.5g	1g	130mg
SCRAMBED EGGS	60	5g	1g	X	1g	135mg	3.5g	1.5g	175mg
OMELET	110	8 g	1 g	X	0 g	195 mg	8 g	3g	195 mg
BREAKFAST PIZZA	220	9 g	24 g	4 g	1 g	570 mg	10 g	4 g	10 mg
MINI PANCAKES	200	4 g	34 g	11 g	2 g	370 mg	6 g	1 g	10 mg
EGG/CHEESE POCKET	140	7 g	18 g	3 g	1 g	330 mg	5 g	2 g	50 mg
SWEET ROLL	160	5 g	30 g	6 g	1 g	180 mg	3 g	1 g	5 mg
BREAKFAST SAUSAGE LINK	250	7g	1g	0g	0g	380mg	24g	8g	45mg
BREAKFAST SAUSAGE PATTIES	150	6g	30mg	0g	0g	420mg	14g	5g	30mg

BLUEBERRY & BANANNA MUFFIN	280	6g	46g	23g	2g	270mh	7g	1.5g	35mg
SB CHOCOLATE CHIP MUFFIN	270	6g	49g	23g	3g	290mg	7g	2g	35mg
SB BREAKFAST STICK	230	4g	39g	15g	2g	220mg	7g	2g	15mg
CHOCOLATE FF MILK	110	8g	20g	18g	0g	180mg	0g	0g	5mg
SKIM MILK	86	8.4 g	2.6 g	10.8 g	0 g	126 mg	0 g	.03 g	4 mg
1 % WHITE	102	8 g	11.7 g	X	X	123 mg	2.6 g	1.6 g	10 mg
				X	X				
JUCY JUICE 4 OZ	110	0 g	26 g	22 g	X	15 mg	X	X	X
ORANGE JUICE	55	1 g	13 g	12 g	X	12 mg	X	X	X
CHEERIOS BOWLPAK	70	2 g	15 g	X	2 g	110 mg	2 g	0 g	0 mg
CINNAMON TOAST CRUNCH BOWLPAK	110	1 g	22 g	6 g	3 g	200 mg	3 g	0 g	0 mg
COCAO PUFFS BOWLPAK	90	1 g	20 g	7 g	1 g	130 mg	1 g	0 g	0 mg
GOLDEN GRAHAMS BOWLPAK	110	1 g	23 g	9 g	1 g	260 mg	1 g	0 g	0 mg
HONEY NUT CHEERIOS BOWLPAK	110	2 g	22 g	9 g	2 g	160 mg	1.5 g	0 g	0 mg

RICE CHEX BOWL PAL	70	2 g	17 g	4 g	2 g	150 mg	.5 g	0 g	0 mg
APPLE JACKS	80	1 g	18 g	6 g	X	120 mg	0 g	0 g	0 mg
HONEY NUT SCOOTERS	90	2 g	19 g	8 g	2 g	170 mg	1 g	0 g	0 mg
TOASTY O'S BOWL	80	2 g	14 g	X	2 g	90 g	1.5 g	0 g	0 mg
FROOT LOOPS	70	1 g	16 g	6 g	X	105 mg	0.5 g	0 g	0 mg
FROSTED MINI-WHEATS	100	3 g	23 g	6 g	3 g	0 mg	0 g	0 g	0 mg

MAIN ENTREES	KCAL	PROTEIN	CARBS	SUGAR	D. FIBER	SODIUM	FAT	SAT. FAT	CHOLESTEROL
CHICKEN STRIPS	171	19g	9g	0g	2g	398mg	8g	2g	50mg
POPCORN CHICKEN SMACKERS	272	18g	17g	1g	1g	550mg	14g	3g	59mg
CHICKEN NUGGETS	257	20g	18g	1g	2g	585mg	13g	2g	43g
TURKEY NOODLES 1 c.	310	17 g.	33 g	3 g.	1 g.	1010mg	12 g.	2 g.	20 mg.
SOFT TACO	261	15g	25g	2g	4g	291mg	11g	3.8g	35mg
STROMBOLI	290	20 g.	46 g	6 g.	4 g.	1220 mg	5 g	1.5 g	2.5 mg
FISH STICKS	230	15g	22g	1g	1g	290mg	9g	1g	50mg

SALISBURY STK. (3 OZ.)	144	5.4 g.	4.2 g	1.2 g.	.6 g	540 mg	12 g	6 mg	24 mg
CHICK. ALFREDO (1 C.)	290	26 g.	28 g	4 g.	1 g.	830 mg	8 g.	2.5 g.	60 mg.
CHICKEN CORN DOG	240	9g	33g	1g	5g	590mg	8g	2g	20mg
MINI CORN DOGS	200	7g	22g	7g	3g	450mg	9g	2.5g	25mg
POPCORN SHRIMP SHRIMP	210	10g	20g	2g	1g	480mg	10g	1.5g	60mg
MOZZARELLA CHEESE STICKS STICKS	320	18g	31g	3g	3g	490mg	14g	5g	15mg
FC ROASTED 8 PIECE PARTS	170	19g	0g	0g	0g	96mg	10g	4g	100mg
CHICKEN RING THINGS	232	16g	13g	0g	0g	572mg	13g	3g	100mg
BEAN & TWO CHEESE BURRITO	212	X	X	X	X	248mg	26.21g	10.8g	X
PIZZA BITES	400	15g	41g	0g	2g	560mg	18g	0g	115mg
CHICKEN LO MEIN	384	23g	43g	14g	0g	785mg	7g	2.5g	54mg
CHICKEN FILLET	235	18g	16g	1g	2g	534mg	12g	2g	39mg
DRUMSTICK	200	17g	6g	0g	1g	470mg	12g	2.5g	55mg
MINI CHEESE RAVIOLI	180	13g	24g	3g	1g	460mg	3g	1.5g	55mg

MINI PIZZA BAGELS	200	18g	21g	3g	3g	390mg	6g	4g	15mg
VOLCANO TACOS	260	15g	27g	1g	5g	460mg	11g	4.5g	50mg
SCRAMBED EGGS	60	5g	1g	X	1g	135mg	3.5g	1.5g	175mg
BREAKFAST SAUSAGE LINK	250	7g	1g	0g	0g	380mg	24g	8g	45mg
CHICKEN ALFREDO	344	25g	44g	2g	4g	475mg	5g	2.5g	59mg
MACARONI AND CHEESE (2/3 CUP)	341	17g	19g	X	X	881mg	22g	X	64mg
BF SANDWICH ON BISCUIT	420	14.5g	61.5g	6.5g	3g	1190mg	26.5g	9.7g	152mg
PORK RIB PATTY CKD BBQ CN 160		12g	8g	5g	1g	393mg	10g	3g	29mg
BEEF MEAT-BALLS (4 CT)	153	13 g	5 g	2 g	.89 g	507 mg	9 g	3.66 g	30 mg
BURRITO	450	17 g	50 g	3 g	8 g	1180 mg	20 g	6 g	20 mg
HAMBURGER HELPER (1 c.)	220	20 g	29 g	6 g	X	900 mg	14 g	5 g	55 mg
NACHO NATURAL	310	13g	27g	1g	3g	535mg	18g	58g	30mg
CHEF SALAD	184	17 g	1.7 g	0 g	.5 g	X	38 g	6 g	59 mg
LASAGNA (1 c.)	330	15 g.	32 g	8 g	4 g	770 mg	16 g	8 g	32 mg.
STIR FRY W/ RICE (1 c.)	482	18.4 g	52 g	2 g	1 g	1085 mg	22.3 g	8.1 g	60 mg
FAJITA	260	21 g	36 g	6 g	5 g	410 mg	4 g	1 g	30 mg

ENCHILADA	323	11.9 g	30 g	X	X	1319 mg	17.6 g	9 g	40 mg
CHEESE CUP	190	10g	14g	10g	0g	570mg	10g	6g	30mg
SOFT PRETZEL	170	6g	36g	1g	4g	150mg	1g	0g	0mg
R.F. SPAGHETTI & MEAT SAUCE	428	24.37 g	40.25g	6.8 g	3.48 g	810 mg	14.2 g	6.1 g	42 mg
BAKED POTATO CHEESE SAUCE/ & ROLL	482	18.6g	80g	4g	7.6g	816mg	13g	6.1g	30mg
CRAZY TACO IN A BAG	351	22g	22g	3g	4g	651mg	19g	8.8g	65mg
CHICKEN QUESEDILLA	330	19 g	33 g	3 g	1 g	810 mg	13 g	5 g	50 mg
TACO SCOOPS	331	22g	23g	3g	4g	596mg	16.5g	7.8g	65mg
EGG ROLL PORK/VEG	180	9g	22g	3g	2g	420mg	7g	2g	30mg
GEN TSO'S CHICKEN	404	35g	43g	0g	2g	475mg	6.5g	2.5g	54mg
BISCUITS/GRAVY (L)	480	10g	64g	12g	4g	1240mg	20g	7g	15mg
BISCUITS/GRAVY (B)	290	6g	34g	6g	2g	740mg	14g	4.5g	15mg
CHILI CHEESE FRIES	450	20g	30g	1g	4g	1220mg	28g	114g	60mg
CHEESE QUESADILLA	360	18g	42g	7g	5g	810mg	14g	4g	15mg
CHEESE PIZZA-THE MAX	360	18g	52g	9g	7g	570mg	9 g	3g	6mg

PEP PIZZA-THE MAX	370	19g	47g	11g	6g	600mg	12g	3.5g	10mg
FRENCH BREAD CHEESE PIZZA	350	22 g	34 g	4g	3 g	560 mg	13 g	8 g	30 mg
FRENCH BREAD PEPP. PIZZA	340	22 g	34 g	4g	3g	620 mg	13g	7 g	35 mg
WILD MIKE PEP PIZZA	300	19g	33g	4g	3g	520mg	14g	5g	25 mg
WILD MIKE CHEESE	360	20g	34g	4g	3g	510mg	16g	8g	30mg
CAMPBELL'S CHICKEN NOODLE SOUP	70	3g	9g	1g	0g	480mg	2g	.5g	15mg
VEGETABLE SOUP (1c.)	78	5.6 g	10 g	X	.5 g	315 mg	1.9 g	.9 g	5 mg
TOMATO SOUP (1 C.)		200 0 g	X	X	X	315 mg	3g	1 g	2 mg
CHILI (1 c.)		256 24 g	22 g	X	X	1007 mg	8.3g	3.4 g	134 mg

SANDWICHES	KCAL	PROTEIN	CARBS	SUGAR	D. FIBER	SODIUM	FAT	SAT FAT	CHOLESTEROL
GR. CHICKEN PATTY W/BUN	215	20g	24g	3g	3g	582mg	6g	1g	42mg
SPICY CHICKEN FILLET W/BUN	355	23g	39g	4g	5g	804mg	14g	2g	39mg

PIG IN A BLANKET	340	12 g	28.8 g	X	X	897 mg	20 g	5.21 g	44 mg
TOASTED CHEESE	250	10.3 g	24.5 g	X	X	776 mg	21.7 g	8 g	27 mg
BOLOGNA & CHEESE	296	70 g	26 g	1.6 g	1.2 g	960 mg	14.7 g	7.6 g	40 mg
TURKEY HAM& CHEESE	326	22.75 g	27.25 g	4.45 g	1 g	1419 mg	24.15 g	5.95 g	74.5 mg
PEANUT BUTTER JELLY	384	12 g	44 g	.3 g	3.2 g	430 mg	17.8 g	3.4 g	0 mg
P.B. JAMWICH	610	20g	69g	25g	7g	620mg	31 g	4.5 g	0 mg
SLOPPY JOE W/ BUN	640	33g	84g	3g	6g	1301mg	19g	5g	65mg
VEGGIE BURGER	218	24g	31g	3.5g	8.5g	785mg	3g	0g	0mg
MINI BURGERS	150	7g	14g	1g	1g	210mg	7g	3g	15mg
BBQ PORK SANDWICH	388	26g	41g	3g	4.3g	1347mg	13.2g	4.32g	68mg
CHICKEN FILLET SANDWICH	355	23g	39g	4g	5g	804mg	14g	2g	39mg
CHICKEN SALAD	350	20 g	32 g	6 g	5 g	880 mg	15 g	3 g	65 mg
DELI SANDWICH	249	16.2 g	27.85 g	4.5 g	1 g	1076 mg	8.3 g	3.1 g	39.5 mg
WRAP	345	23.8 g	27.5 g	X	1.5 g	1541 mg	14.9 g	5.9 g	64 mg
PORK FRITTER	430	20g	40g	4g	5g	900mg	22g	6g	40mg

ON BUN

HAMBURGER ON BUN	267	19g	25g	3g	4g	685mg	12g	3.6g	39mg
CHEESEBURGER ON BUN	377	26g	25g	3g	4g	875mg	21g	9.6g	69mg
BACON CHEESEBURGER	397	28g	25g	3g	4g	985mg	23g	9.6g	74mg
FISH SANDWICH	390	23g	39g	4g	5g	710mg	17g	7g	65mg
HOT DOG W/BUN	251	8.8 g	22.7 g	3.5 g	1 g	700 mg	14.7 g	5 g	23 mg
CONEY W/BUN	296	13 g	31 g	3.5 g	1 g	700 mg	14.7 g	5 g	66mg
TACO SNACK(3)	250	15 g	28 g	1g	2g	630 mg	9 g	2.5 g	10 mg
MEATBALL SUB	346	20 g	5.25 g	4 g	1.89 g	970 mg	16.5 g	6.16 g	43.5mg
TURKEY SAND.	210	18 g	29.7g	3.7 g	3.8 g	1298 mg	3 g	.9 g	27 mg

VEGETABLES/SI DES	KCAL	PROTEIN	CARBS	SUGAR	D. FIBER	SODIUM	FAT	SAT FAT	CHOLESTEROL
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SCALLOPED POTATO (1/2 c.)	150	3g	24 g	3g	2 g	490 mg	2.5 g	1.5 g	0 mg
OVAL HASH BROWN	220	2 g	32 g	X	3 g	240 mg	9 g	1.5 g	0 mg
OVEN FRIES	170	2 g	22 g	X	2 g	600 mg	8 g	1 g	0 mg

BAKED POTATO	212	4.6 g	48.7 g	X	4.6 g	16 mg	.2 g	.1 g	0 mg
POTATO PANCAKE	170	2 g	19 g	X	2 g	940mg	11 g	1.5 g	0 mg
MASHED POTATOES	160	4g	34 g	2g	2g	620mg	0g	0 g	0 mg
GREEN BEANS	40	1.3 g	8g	2.6 g	2.6 g	0 mg	0g	0 g	0 mg
BROCCOLI	33.3	2.6 g	5.3 g	1.3 g	2.6 g	20 mg	0 g	0 g	0 mg
CORN	120	2.6 g	25.3 g	4 g	2.6 g	0 mg	.6 g	0 g	0 mg
CALIFORNIA BLEND	33.3	1.3g	6.6 g	2.6 g	2.6 g	33.3 mg	0 g	0g	0 mg
CARROTS	46.6	1.6 g	10.6 g	5.3 g	5.3 g	53.3 mg	0 g	0 g	0 mg
MIXED VEGETABLES	80	4 g	16 g	4g	4g	60 mg	0 g	0 g	0 mg
PEAS	93.3	5.3 g	16 g	5.3g	5.3 g	160 mg	.6 g	0 g	0 mg
WINTER BLEND	33.3	2.6g	5.3g	1.3g	2.6g	20mg	0g	0g	0mg
SMALL VEG. SALAD	10	.8 g	2 g	X	1 g	18 mg	.2g	0 g	0 mg
VEGGIE STICKS	48	.5 g	4.4 g	26 g	1.45 g	30 mg	.1 g	0 g	0 mg
BAKED BEANS	180	5 g	32 g	14 g	6 g	460 mg	3 g	1 g	5 mg
COLE SLAW	172	2g	6 g	X		130 mg	16 g	X	12mg
RAISINS (1/4 CUP)			31 g						

FRZ STRWB CUP			26.8 g						
REFRIED BEANS			17 g						
BLACK BEAN SALAD			17 g						
APPLE	81	.3 g	21 g	18.5 g	3.7 g	0 mg	.5 g	.1 g	0 g
BANANA	105	1.2 g	26.7 g	17.8 g	2.7 g	1 mg	.5 g	.2 g	0 g
ORANGE	60	1.3 g	15 g	X	3.1 g	1 mg	.1 g	0 g	0 mg
KIWI	46	.8 g	11 g	8 g	2.6 g	4 mg	.3 g	0 g	0 mg
WATERMELON	18	.375 g	4.3 g	5.4 g	.3 g	1.12 mg	.26 g	.037 g	0 g
GRAPES	21.75	3.0 g	5.9 g	5.6 g	.33 g	.75 mg	.11 g	.037 g	0 g
CANTALOUPE	21	.52 g	5 g	5.2 g	.48 g	5.25 mg	.15 g	.037 g	0 mg
PEAR	98	.6 g	25 g	X	4 g	0 mg	.7 g	.1 g	0 mg
CANNED APPLESAUCE	52.5	.2 g	.2 g	0 g	1.45g	2.5 mg	.05 g	X	0 mg
CANNED PEACHES	55	.53 g	14.45 g	X	1.65 g	5 mg	.05 g	X	0 mg
CANNED PEARS	62	.4 g	16.05 g	X	0 g	5 mg	.1g	X	0 mg
CANNED PINEAPPLES	74.5	.5 g	19.55 g	X	1` g	1.5 mg	.15 g	X	0 mg
CANNED	79.5	X	20.85 g	X	2 g	5 g	.05 g	X	0 mg

APRICOT

BREADS	KCAL	PROTEIN	CARBS	SUGAR	D. FIBER	SODIUM	FAT	SAT FAT	CHOLESTEROL
HONEY WHEAT BISCUITS	190	4g	30g	6g	2g	500mg	6g	2.5g	0mg
CR WHEAT ROLL	140	6g	27g	4g	3g	250mg	2g	0g	0mg
HAMBURGER BUN	120	5g	23g	3g	3g	270mg	2g	0g	0mg
RICE (1 C.)	162	3.4 g	3.5 g	----	1 g	5 mg	.3 g	.1 g	0 mg
HOT DOG BUN	110	4g	20g	2g	3g	200mg	1.5g	0g	0mg
WG WHITE BREAD (1)	80	3 g	16 g	3 g	2 g	160 mg	1 g	0g	0 mg
W.W. BREAD (1)	60	2.5 g	11.5 g	1 g	1 g	145 mg	.75 g	0 g	0 mg
BREAD STICK (1)	100	4g	22g	1g	2g	220mg	.5g	0g	0mg
CORN BREAD	103	2g	17g	X	X	127mg	3g	X	16mg
BROWN RICE (1 CUP)	170	4g	35g	0g	2g	0mg	1.5g	0g	0g
SPAGHETTI NOODLES (1c.)	190	8 g	39 g	1g	4 g	10 mg	1 g	0g	0 mg
SPANISH RICE 1/2C	106	2.2 g	20.3 g	---	---	387 mg	2.1 g	---	0 mg
MAC & CHEESE	212	8.4 g	20 g	----	----	543 mg	11 g	5.9 g	0 mg
MINI SUB BUN	150	6g	28g	3g	4g	200mg	2g	.5g	0mg

DESSERTS/SNACKS	KCAL	PROTEIN	CARBS	SUGAR	D. FIBER	SODIUM	FAT	SAT FAT	CHOLESTEROL
PUDDING 1/2 C	155	4 g	29 g	24 g	X	247 mg	2.9 g	1.7 g	10 mg
JELL-O	80	1 g	18 g	18 g	X	X	0 g	0 g	0 mg
CAKE	235	2.6 g	35 g	X	1.8 g	214 mg	10.5g	3 g	29 mg
BROWNIE	140	1.4 g	20 g	X	.9 g	214 mg	X	1.3 g	9 mg
COOKIE (1)	78	.9 g	9.3 g	X	.4 g	58 mg	4.5 g	1.3 g	5 mg
COBBLER	368	2.8 g	45 g	25 g	1 g	166 mg	18 g	4.2 g	0 mg
SHERBET	132	1.1 g	29 g	X	.5 g	44mg	1.9 g	1.1 g	5 mg
ICE CREAM	133	2.3 g	15.6 g	X	0 g	53 mg	7.3 g	4.5 g	29 mg
PUMPKIN PIE	316	7 g	41 g	X	X	349 mg	14.4 g	4.9 g	65 mg
FORTUNE COOKIE (1)	30	.3 g	6.7 g	X	.1 g	22 mg	.2 g	.1 g	1 mg
CHEESE GOLDFISH	100	2 g	13 g	0 g	.5 g	180 mg	4.5 g	1 g	4 mg
PRETZEL GOLDFISH	90	2 g	15 g	0 g	.5 g	300 mg	2 g	0 g	0 mg
CHORTLES	125	2 g	23 g	11 g	1 g	109 mg	3 g	.5 g	0 mg
DINO GRAHAMS	105	1.68 g	18 g	5.35g	.61 g	84 mg	2.9 g	.52 g	0 mg

GRAHAM BEARS	105	1.68 g	18 g	6 g	.58 g	90 mg	2.95 g	.52 g	0 mg
CHURRO	160	2 g	22 g	10 g	0 g	120 mg	7 g	1.5 g	15 mg
FRUIT ROLL UP	53	0 g	12 g	0 g	0 g	51 mg	1g	0 g	0 mg
FRUIT SNACKS	81	1 g	19 g	0 g	0 g	14 mg	0 g	0 g	0 mg
ANIMAL CRACKERS	90	1 g	16 g	5 g	.5 g	85 mg	2.5 g	.0 g	0 mg
ITALIAN ICE	61	0 g	15 g	X	0 g	5 mg	.1 g	0 g	0 mg
REESE BAR	180	3 g	20 g	X	X	X	6 g	1 g	0 mg
APPLE CRISP	195	2.3 g	29 g	X	1.6 g	191 mg	8 g	1.5 g	4 mg
BAKED APPLE	75	11 g	19 g	X	.7 g	33 mg	.1 g	.1 g	0 mg